

## **NW REGION COMPILED REPORT**

**December 2015**

**CHNS/CHPS**

### **CINDY JONES**

- Trained in suicide prevention program “Making Educators Partners”
- Provided ATV safety awareness to 43 High School students at Greenbrier High School
- Facilitated the Lifelines Intervention training to 15 adult educators at Arch Ford Co-op
- Taught the importance of good food choices using the CDC best practice My Plate and the Go, Slow, Whoa curriculum for 150 second and third graders in South Conway School District
- Provided abstinence pregnancy and STD education to 450 Junior High students in the Conway School District
- Ordered numerous new tobacco brochures from the SOS website for use at upcoming presentations. Watched the required CDC Grand Rounds entitled “E-Cigarettes: An Emerging Public Health Challenge”

### **ASHLEY LEFEVRE**

- Provided training and technical assistance to 60 Elkins teachers on Go Noodle. Each teacher signed up and learned how to navigate the site so they can use it in their classrooms for brain breaks and/or physical activity
- Educated approximately 60 middle school students at Helen Tyson in Springdale on sugary beverages by reading grams of sugar on a food label and measuring out in teaspoons.
- Educated 8 Hispanic moms (used translator) at Parson Hills Elementary school on sugary beverages, My Plate, physical activity, Act 811, and the quit line.
- Educated about 120 students at Helen Tyson Middle school on My Plate/nutrition. I taught each food group and talked about balance between healthy eating and being physically active.
- Educated about 120 students at Helen Tyson Middle School on how to read food labels. Students were able to look at food and beverage to decide if it was a healthy choice or not. I also discussed package advertising and how companies use graphics and words to get consumers to buy their products-just as tobacco companies do-even if it is unhealthy.

- Met with NW CHPS/CHNS to discuss happenings in the region. Spoke about the Coordinated School Health meeting and the Southern Obesity Summit. Gave everyone a new physical activity game that I created for kids to take home.
- Delivered SOS metal signs from TPCP to the Lincoln Wellness Coordinator to put up around the school campuses.

### **CHERIA LINDSEY**

- Met at the NW Cooperative with staff and Dr. Cudney on interim period until another CHNS is hired and with future workshops and scheduling for the summer
- Printing materials and preparation/distribution for the upcoming MEP Workshop to be facilitated by Ashley Lefevre at Elkins School District with around 100 participants to be present
- Period of Purple Crying Presentation and Shaken Baby Syndrome in collaboration with Safety Baby Shower in Madison County with expectant mothers/new mothers and guests with total of 33 persons
- Presented to 2 persons during CPR/AED/FA on Act 811 and the Tobacco Quitline, information given to participants for students and parents
- Facilitated Lifelines Intervention workshop with Pat Breux as the speaker and included materials for Act 811 and the Quitline along with other information for student and parent use to 10 participants from various schools
- Presented Scoliosis Certification at the NW Educational Cooperative with 11 new and previous school nurses and included information on fire safety during the holidays and smoke alarms and tobacco education materials provided with emphasis on how tobacco hurts the healing process

### **SARAH BRISCO**

- Provided a presentation for Alpena Preschool- The presentation included dental health and the American tooth fairy Kit that discussed good oral hygiene
- Provided Injury Prevention Car Seat Safety information to the OUR Children's Center
- Provided a presentation for Jasper School Preschool Program- - The presentation included dental health and the American tooth fairy Kit that discussed good oral hygiene
- Provided a presentation at Nan's Daycare- the presentation included the game cootie catcher on physical activity and allowed the children to get up and get moving with fun exercises and games

- Provided a presentation at Nan's Daycare on Healthy Choices while using the Healthy Choices Ball
- Provided Zobe Videos and information for the OUR Children Center – the videos encourage healthy eating and physical activity for preschool students
- Attended the CHPS/CHNS Meeting in LR and attended MEP training
- Attended ARCOP in LR- attended the ARCOP celebration to support the area schools and counties involved

### **MIRANDA CURBOW**

- Educated community members in Charleston using tobacco Emerging Trends. Included Quit line information and Act 811 information. (3 presentations with a total of 28 present)
- Educated community members at Guy Fenter Co-op on Injury Prevention, including poisoning/RX drug abuse, secure, monitor and dispose. Also provided updated poison control magnets, pamphlets from IP on secure monitor and dispose information. Educated on cyber safety, human trafficking, using information provided by the attorney general's office. (3 separate presentations, totaling 30 present)
- Attended Mulberry GHC meeting and assisted with educating on link between school and community. Gave options for projects that would meet both school and community needs and provide opportunities for them to work together. These projects included physical activity, nutrition, and tobacco.
- Met with regional tobacco grantee, superintendent, and mayor, and high school principal from Mulberry. Work plan developed for tobacco comprehensive policy to be initiated. Working to collaborate with regional prevention to provide in lieu of suspension for the school to use.
- Attended and provided immunizations at 5 school flu clinics- Fort Smith and County Line schools included. Assisted with 2 mass flu clinics. Gave flu shots and provided information on tobacco.
- Provided TA to Mulberry wellness committee: JUA's and working on updating tobacco policy to include components to make it a comprehensive policy. Also, assisting with linking school with the GHC Mulberry coalition.